

# Healthy extras



Good health goes beyond the doctor's office. Explore all the convenient resources available to you and choose the ones that fit your life.



**Get fit and get rewarded:** Fit Rewards includes all fitness centers statewide.<sup>1</sup> You may still earn a \$200 reward – equivalent to a free gym membership at certain gyms – or enjoy discounted rates at other participating fitness centers. Or, if you prefer to take advantage of our Home Fitness program instead, get up to 2 home fitness kits for \$10 per calendar year. Learn more at [kp.org/fitrewards](https://kp.org/fitrewards).<sup>2</sup>



**Special rates for members:** Enjoy reduced rates on services that can help you stay healthy – like acupuncture, massage therapy, and chiropractic care. Visit [kp.org/choosehealthy](https://kp.org/choosehealthy).



**Self-care apps:** Navigate mental and emotional challenges and help improve your sleep, mood, relationships, and more with the help of wellness apps, available at no additional charge to adult members. Visit [kp.org/selfcareapps](https://kp.org/selfcareapps).



**Healthy lifestyle programs:** Connect to better health with online programs to help you lose weight, quit smoking, reduce stress, and more – at no additional charge. Learn more at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).



**Personal wellness coaching:** Get help reaching your health goals. Work one-on-one with a wellness coach by phone at no additional charge. Find out more at [kp.org/wellnesscoach](https://kp.org/wellnesscoach).



**Online wellness tools:** Visit [kp.org/healthyliving](https://kp.org/healthyliving) for wellness information, health calculators, fitness videos, podcasts, and recipes from world-class chefs.



**Health classes:** Sign up for health classes and support groups at many of our facilities. See what's available near you at [kp.org/classes](https://kp.org/classes) – some may require a fee.

<sup>1</sup>Fitness centers must be qualified fitness organizations operating for the general public. Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit® program.

<sup>2</sup>Your reward is limited to your annual program fee each calendar year. You should consult with your tax advisor about the taxability of the reward. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a participating fitness center, your annual program fee is not refundable and will not be prorated. Learn more at [kp.org/fitrewards](https://kp.org/fitrewards).